

RADIO SHOW – World Breastfeeding Week

I'm Dr. Howard Rodenberg, state health director with the Kansas Department of Health and Environment, and this is the Healthy Kansas Minute.

KDHE encourages the mothers of newborns to consider breastfeeding. There are many health benefits related to breastfeeding. Breast milk is the most complete form of nutrition for infants. A mother's milk has just the right amount of fat, sugar, water, and protein required for healthy growth and development. Infants that are breastfed are less prone to infectious diseases including ear infections, diarrhea, and pneumonia. Breastfeeding is also beneficial for mothers because it lowers the risk of breast and ovarian cancer, and it saves time and money because purchasing formula becomes unnecessary. Breastfeeding saves on health care costs because breastfed infants require fewer doctor visits, prescriptions and hospitalizations. The environment is also a benefactor because breastfeeding does not contribute to environmental waste produced by formula cans.

To learn more about health in Kansas, please visit www.kdheks.gov. That's www.kdheks.gov. This has been a Healthy Kansas Minute!